What is claimed is:

1. A method for prevention or reduction of scar tissue and/or adhesion formation wherein a therapeutically effective amount of a substance that inhibits a pro-inflammatory cytokine is administered to a patient in need of said treatment.

2. The method of claim 1, wherein said pro-inflammatory cytokine is selected from the group consisting of TNF, IL-1, IL-6, IL-8, IL-12, IL-15, IL-17, IL-18, GM-CSF, M-CSF, MCP-1, MIP-1, RANTES, ENA-78, OSM, FGF, PDGF, and VEGF.

3. The method of claim 1, wherein said pro-inflammatory cytokine is selected from the group consisting of TNF and IL-1.

4. The method of claim 1, for treatment of post-traumatic tissue injury.

5. The method of claim 4, wherein said post-traumatic tissue injury is caused by surgery.

6. The method of claim 1, for treatment of a thermic injury.

7. The method of claim 1, for treatment of a pathological condition with scar formation.

8. The method of claim 7, wherein said pathological condition with scar formation is caused by a vascular disease selected from the group consisting of bleeding and infarct.

9. The method of claim 7, wherein said pathological condition with scar formation is caused by a toxic influence.

10. The method of claim 7, wherein said pathological condition with scar formation is caused by cystic fibrosis.

11. The method of claim 1, wherein said substance is a monoclonal antibody.

12. The method of claim 11, wherein the monoclonal antibody is selected from the group consisting of infliximab, CDP-571, D2E7 and CDP-870.

13. The method of claim 1, wherein said substance is a soluble cytokine receptor.

14. The method of claim 13, wherein the soluble cytokine receptor is etanercept.

15. The method of claim 1, wherein said substance is a receptor antagonist.

16. The method of claim 1, wherein said substance is an antisense oligonucleotide.

17. The method of claim 1, wherein said substance is an MMP inhibitor selected from the group consisting of tetracyclines, chemically modified tetracyclines, Prinomastat, Batimastat, Marimastat, KB-R7785, TIMP-1, TIMP-2, adTIMP-1, and adTIMP-2.

18. The method of claim 1, wherein said substance is an quinolones selected from the group consisting of Norfloxacin, Levofloxacin, Enoxacin, Sparfloxacin, Temafloxacin, Moxifloxacin, Gatifloxacin, Gemifloxacin, Grepafloxacin, Trovafloxacin, Ofloxacin, Ciprofloxacin, Pefloxacin, Lomefloxacin, and Temafloxacin.

19. The method of claim 1, wherein said substance is a thalidomide derivative selected from the group consisting of CC-1088, CDC-501, CDC-801 and Linomide.

20. The method of claim 1, wherein said substance is selected from the group consisting of prostaglandins, phosphodiesterase I, II, III, IV, and V-

inhibitors, cyclosporin, pentoxifyllin, hydroxamic acid derivatives, melanin and melancortin agonists, and lazaroids.

21. The method of claim 1, wherein said substance is a specific IL-1α and/or IL-1β blocking substance.

22. The method of claim 1, wherein said substance is a non-specific IL-1α and/or IL-1β blocking substance.

23. The method of claim 1, wherein said substance is lactoferrin or a peptide derived from lactoferrin.

24. The method of claim 1, wherein said substance is locally administered.

25. The method of claim 1, wherein said substance is systemically administered.